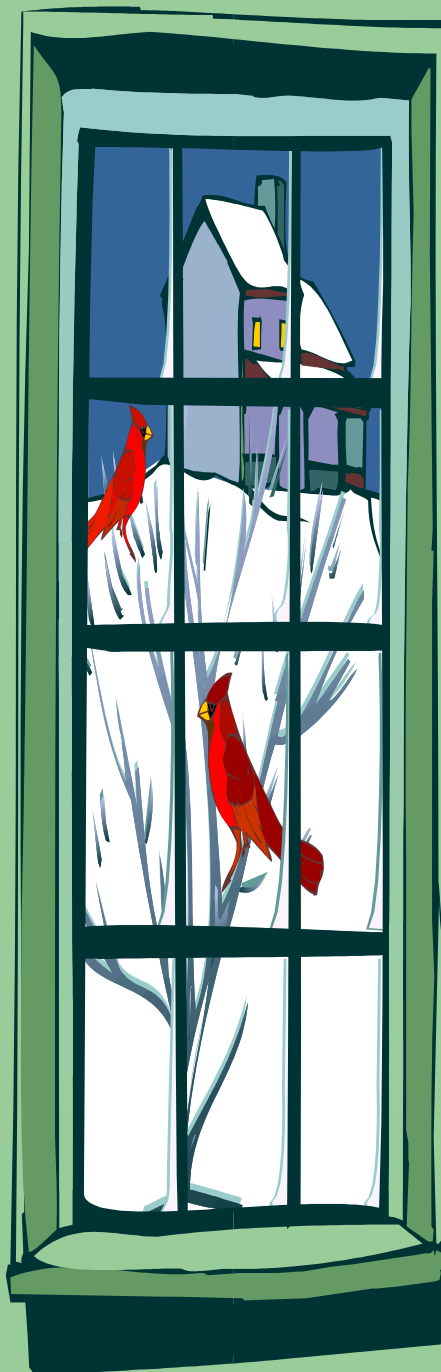


Wellness Events & Info



Ann Arbor, Brighton, Canton

- Healthy lifestyle education classes
- 100 Days to Health

Bay City, Flint

- Healthwise Univ community ed classes

Coldwater

- Free Grocery Shopping Tours - Mondays

Detroit

- "Aim Hi" & "Promoting Healthy Eating..."
- Motown in Motion
- Community health, wellness & fitness classes

Farmington Hills

- Botsford Health Care Continuum programs

Grayling

- Diabetes Glucose & Blood Pressure Screening

Grand Rapids

- Time Out for Diabetes - Mar 10th
- Year-round Walking Program
- Year-round Cardiovascular Screening

Hillsdale

- Prevent Diabetes Health Fair - Mar 15th

Lansing

- GERD - Mar 10th
- The Gift of Perspective - Mar 17th
- Community Partners In Health
- Arthritis Aquatics, Blood Pressure Screening, Diabetes Education, Yoga

See page 2 for more listings

Check pages 3-11 for wellness-related event information & links

Check out the new
Michigan Steps Up
website!

[Michigan Steps Up!](#)

[Runs, Races](#)

[More...](#)

[More...](#)

[Walking Events](#)

[Train for Walking](#)

[Walk Michigan](#)

[Winter Hiking](#)

Wellness Events & Info

✿ Events:	pages 3-11
✿ HMO & PPO Weight Management & Smoking Cessation Program links	page 12
✿ National Health Observances	page 13

Marquette

- Health and wellness information
- Heads-up: Watch for April 11th Walking Test

MidMichigan

- Health Education Classes & Screenings

Petoskey

- General Health Screenings - Mar 3rd
- Building Better Bones - Mar 3rd
- Diabetes Alert - Mar 14th
- Nutrition and Fad Diets Maze - Mar 23rd
- Diabetes Support Group

Rochester

- Health Education Programs

Roscommon

- Activities & Fitness Center

Saginaw

- Let's Get Moving! - Mar 16th
- Diabetes Health Fair - Mar 19th

Traverse City

- Healthy lifestyle programs

U.P.

- Step UP - 8 week pedometer program in the U.P.

West Branch

- Four Months of Frigid Fitness - til Mar 10th

Free
Colorectal
Cancer
Screening
Kit

Anywhere you are in the
State of Michigan,
ask for yours!

Do you have
Seasonal
Affective
Disorder?

BCN
Community Fitness,
Health & Wellness
Programs
Catalog

Holland Hospital
Corporate
Wellness
Programs

Free
Fit Kit

Ann Arbor Area, Canton & Farmington Hills

Ann Arbor Supermarket Sleuthing & Restaurant Survival

March 22nd
St. Joseph Mercy Hospital
734-712-5800
www.sjmh.com

Ann Arbor, Brighton, Canton Healthy Lifestyle Education Classes

"...and the Beat Goes On" is a series that looks at the many aspects of cardiovascular disease including treatment, nutrition, exercise, stress, coping and understanding medications.

Where?

- Health Stop, Briarwood Mall, Ann Arbor
- Michigan Heart & Vascular Institute, Ann Arbor
- Saint Joseph Mercy Canton Health Center, Canton
- Saint Joseph Mercy Woodland Health Center, Brighton

Class fee is \$5 and is payable at the time of the class, or free if referred by a medical professional. For additional information, please call (734) 712-3583.

Michigan Heart and Vascular Institute
http://www.mhvi.org/programs_support/edu_classes.asp

Canton 100 Days to Health

Canton's 100 Days to Health is a program that strives to promote lifestyle change for people of all ages. The program centers around 2 popular health topics: exercise and nutrition/weight management.

Cost: Canton residents: \$10 adult, \$5 youth (4 & up) nonresidents: \$20 adult, \$5 youth (4 & up)
Many classes and special events will be offered.

Contact: Kristie Smith. Call the 100 Days to health hotline at 394-5496, or email 100daystohealth@canton-mi.org

Farmington Hills

Botsford Health Care Continuum
Community Health-related Programs

The Solution Weight Loss Program
Educational weight loss training program
Includes **free** orientation session
Call (248) 477-6100 for appointment

Blood Pressure Screening - Free
2nd Monday every month. 1-4 p.m.
Botsford General Hospital, Main Lobby

Cholesterol Screenings - Fee required.
Call (248) 477-6100 for information.

Foot Screenings - Free
Tues. & Fri., 8:30 - 12 p.m.
Call (248) 473-1320 for appointment

Walking Clubs

Livonia Mall & Northland Mall
Call (877) 442-7900 for information
Free blood pressure provided to walkers by
Botsford General Hospital on selected days.

For a list of classes call (248) 477-6100
www.botsfordsystem.org

Winter Walking in Washtenaw County

[http://www.ewashtenaw.org/
government/departments/
public_health/hip/](http://www.ewashtenaw.org/government/departments/public_health/hip/)



Bay City, Flint & Saginaw Area

Saginaw

Let's Get Moving!

Wednesday

March 16th

6:30 p.m. - 8:30 p.m.

Speaker: Anne Kukla, BS Certified Aerobics Instructor

Sponsor: St. Mary's Hospital

Location: St. Mary's Health Education Center
2nd Floor, Room 6 800 S. Washington, Saginaw

Cost: **No charge**

No registration necessary

www.diabetesinmichigan.org

Saginaw

11th Annual

Diabetes Health Fair

Tuesday

March 19th

Open to support group members and the general public.

Sponsor: Covenant Health Care Mackinaw

Location: Covenant HealthCare Mackinaw Lower Level Conference Room

5400 Mackinaw, Saginaw, MI

Cost: **No charge**

For More Information: Call Covenant HealthCare Diabetes Self-Management Program at 989-583-5193. No registration necessary

www.diabetesinmichigan.org

Bay City & Flint

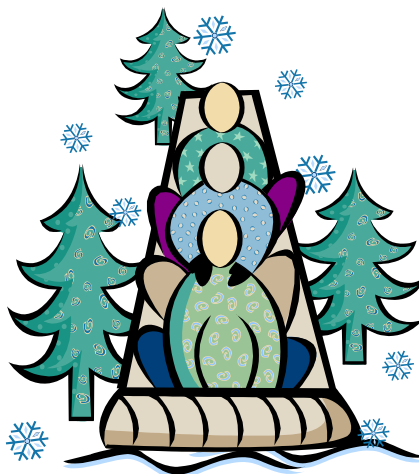
Ingham Regional Medical Center & affiliate organizations

Bay City Employees:
Call (989) 894- 3936
for class info.

Flint Employees:
Call (810) 342-5353
for class info.

Healthwise University

Community Education



Grayling, Roscommon, West Branch

Grayling Diabetes Glucose and Blood Pressure Screening Ongoing

Check blood sugar and check blood pressure.

Sponsor: Mercy Hospital Grayling

Location: Call Grayling Mercy Hospital at
989-348-0455 for dates and times

Cost: None

For More Information: Contact Rhonda Haske, RN,
BSN, CDE at phone: 989-348-0455, fax: 989-348-
0479 or e-mail: hasker@trinity-health.org

Roscommon

Community Recreation,
Activities and Fitness Center
606 Lake Street , Roscommon, MI 48653
Phone: (989) 275-4975
[Activities & Classes](#)

West Branch

Four Months of Frigid Fitness November 10, 2004 to March 10, 2005

Presented by: The Walkable West Branch Coalition.
This will be a physical activity incentive program. All
persons with diabetes, family and friends as well as
professionals may participate. November 10, 2004 to
March 10, 2005. (Sign up any time during this period.)

Sponsor: Rainsoft

Cost: None. Registration required.

To Register: Contact West Branch City Hall, West
Branch, MI @ 989 345-0500



Detroit Area

"AIM HI" For A Healthy Lifestyle Ongoing

Health screening for diabetes, hypertension, cholesterol, glaucoma, and diabetic retinopathy, fitness and nutrition education classes, consultations with a fitness trainer, hypertension and cholesterol classes, diabetes self-management classes.

Locations:

AIMHI Eastside Health Resource Center,
Tues. & Thurs. 8:30AM-5:00PM, Fri. 8:30AM-
12:30PM, 3360 Charlevoix, Detroit, MI
48207 Phone: 313-921-8207

AIMHI Westside Health Resource Center,
Mon. & Wed. 8:30AM-5:00PM, Fri. 1:00PM-
5:00PM, 21551 Fenkell, Detroit, MI 48223
Phone: 313-592-4838

Sponsor: Henry Ford Health Systems

Cost: Free

For More Information: Call 313-921-8207 or
313-592-4838,

or call SouthEast Michigan Diabetes Out-
reach Network at 313-965-2351

[http://www.diabetesinmichigan.org/eventdisp.asp?
Don=SEMDON&ETType=1](http://www.diabetesinmichigan.org/eventdisp.asp?Don=SEMDON&ETType=1)

Motown in Motion

"Motown in Motion is a community awareness program of the Greater Detroit Area Health Council (GDAHC). The Health Council is a regional coalition dedicated to improving health care quality, access and cost in southeastern Michigan with an end result of improving community health status."

<http://www.motowninmotion.org/>

Rochester

Crittenton Hospital Medical Center

offers health education programs and services,

http://www.crittenton.com/health_education.htm

Community Health & Education Department
(248) 652-5269 from 8 a.m. to 4:30 p.m.,
Monday through Friday

Promoting Healthy Eating in Detroit (PHED) Ongoing

PHED conducts Healthy Eating Demonstrations, Mini-Markets (where fresh produce is available at wholesale prices), and Physical Activity Events regularly. Their monthly newsletter gives details regarding these. PHED is a collaboration between community-based organizations, the City of Detroit Dept. of Health and Wellness Promotion - Nutrition Division & Eastside Village Health Worker Partnership, the REACH Detroit Partnership, and the University of Michigan Schools of Public Health and Social Work. It is a Detroit Community Academic Urban Research Center-affiliated project, funded by the U.S. Centers for Disease Control and Prevention.

Sponsor: See Above

Location: See Brochure

[http://www.diabetesinmichigan.org/brochure/
/PHED.pdf](http://www.diabetesinmichigan.org/brochure/PHED.pdf)

Cost: N/A

For More Information: For information on food demonstrations and/or mini-markets, call Teretha Hollis-Neely at (313) 876-4444.

For information on the Physical Activity events, call REACH Detroit Partnership at (313) 874-7131; or see brochure at left.

To Register: N/A

[http://www.diabetesinmichigan.org/eventdisp.
.asp?Don=SEMDON&ETType=1](http://www.diabetesinmichigan.org/eventdisp.asp?Don=SEMDON&ETType=1)



Coldwater & Grand Rapids

Coldwater

Grocery Shopping Tours Mondays - Ongoing

Stroll through a grocery store with a Registered Dietitian and Certified Diabetes Educator and learn how to read food labels, make healthy choices, and an opportunity to ask all those questions you have wanted answers to.

Sponsor: Southern Michigan Diabetes
Outreach Network (SODON)

Location: Varies. Call SODON
at 517-279-2267 or 800-795-7800
for a location near you.
Cost: No Charge!

diabetesinmichigan.org



Grand Rapids

Time Out for Diabetes March 10th

(formerly Mardi Gras/Gala For a Cure)
Dinner and Silent Auction

Raffle with grand prize (choice of \$20,000 or car), dinner and silent auction

Sponsor: Harvey Cadillac-Lexus Hummer

Location: To be announced.

For More Information: American Diabetes
Grand Rapids Office 616/458-9341

Grand Rapids

Year Round Walking Program Mondays & Thursdays

Seniors but others are also welcome!

Sponsor: Creston Neighborhood Association

Location: Kent Hills Elementary
1445 Emerald NE Grand Rapids, MI

Cost: No charge

For more information call
Dave Mossburger at 616/454-7900

diabetesinmichigan.org

Grand Rapids

YEAR-ROUND EVENT

Cardiovascular Screening

Provided by healthcare professionals
including cholesterol, blood pressure,
hemoglobin, urine tests, and cancer
prevention counseling.

Time and dates by appointment only!

Sponsor: Catherine's Care Center

Location: 224 Carrier St. N.E.

Grand Rapids

Cost: Free to seniors 60+ years

For More Information: Call

(616) 454-7900

diabetesinmichigan.org

Hillsdale, Lansing, & Midland

See next page for more Lansing events

Hillsdale "Preventing Diabetes" Health Fair Tuesday March 15th

Learn the latest information on preventing Type 2 Diabetes in both Children and Adults at the Hillsdale Health Fair - "Preventing Diabetes".

Sponsor: Southern Michigan Diabetes Outreach Network Branch-Hillsdale-Saint Joseph Health Agency Hillsdale Hospital

Location: Hillsdale

Cost: **FREE**

For More Information: Call Southern Michigan Diabetes Outreach Network (SODON) at:
(800) 795-7800 www.diabetesinmichigan.org

Free Community Education & Screening Programs

by Ingham Med Center

www.irmc.org

1 877 224 4325

Programs held at
Hannah Community Center
819 Abbott Rd
East Lansing, MI 48823

On-going: Free Yoga Classes Thursdays 4 p.m.

For more information call (517) 367-5159

Programs are "offered by Ingham Regional Medical Center in Lansing as well as by our affiliate organizations in Bay City, Flint and Lapeer." Check for health education and wellness classes, research, blood pressure screenings, health screenings and early detection programs:

Healthwise University [class list](#)
Ingham Regional Medical Center & affiliate organizations

Community Partners in Health

For info, check www.cphlansing.com

Check out the Michigan
Surgeon General's
"Michigan Steps Up"
website!



Sparrow Women at Midlife: A Time of Discovery Wednesdays March 9th—30th 7-9 p.m. \$80/person <http://www.sparrow.org/>

Healthy Heart Exam Every Tuesday \$39/person www.sparrow.org

Blood Pressure Screening

Every Weds 8am - 9:30am
Lansing Mall Food Court

1st & 3rd Weds of monthly 8am - 9:30am
Meridian Mall Food Court

Sparrow Diabetes Center Diabetes Education Outpatient Classes

Sparrow Professional Building,
Suite 340, 1200 E. Michigan Ave., Lansing.

For more info on classes & cost, call 517.364.5955.

Sparrow Community Health Education and Fitness Programs 2005 Events

MidMichigan Health Health Education Classes

Click for [class listings](#)

MidMichigan Health Line
1 (800) 999-3199

<http://www.midmichigan.org/>

Lansing

Gastrointestinal Esophageal Reflux Disease (GERD)

Thursday, March 10, 2005

*Hannah Community Center
819 Abbott Road, East Lansing*

6:30 p.m.

Michigan Gastroenterology Inc. and Tap Pharmaceuticals are pleased to present Dr. William Weatherhead, DO, FACOI of Michigan Gastroenterology Inc. and Dr. Catherine Kerschen, DO, Assistant Professor at MSU. They will discuss both the pathological and physiological aspects of this disease, as well as the newest treatment options available to patients. Join us and learn more about this common disease, how it impacts your daily life and tips to control to esophageal reflux. Phone pre-registration required: 1 877-224-4325 or (517) 367-5159

www.irmc.org

The Gift of Perspective

Thursday, March 17, 2005

*Hannah Community Center
819 Abbot Road, East Lansing*

6:30 p.m.

Meet 25-year-old Geoff Gursel whose two-year experience in the Peace Corps has prepared this remarkable young man for life. As Geoff puts it.... "it's all a matter of perspective." **Registration is required by Monday, March 14th.** Cost is \$15.00 per person.

Winter 2005 Programs

New Weight Management/Diabetes Center

Diabetic Education Center - just off the lobby of the Pennsylvania Campus
Healthwise University

Living With Diabetes

2nd Tues each month - 1 day class 8:30am - 5pm
1st Tues, Weds, Thurs each month - a.m. series 9am - 12noon
3rd Tues, Weds, Thurs each month - p.m. series 6pm - 9pm
registration: 1 877-224-4325 or (517) 367-5159

Lansing Community College

Arthritis Aquatics



Upper Michigan

Petoskey Building Better Bones

March 3rd
9:00 - 11:30 am

Topic: Community Class

Location: Dean C. Burns Community Health Education Center, 360 Connable Ave.

Free

Open to all individuals interested in the prevention, early diagnosis and treatment of osteoporosis. Presenters in this 2-1/2 hour class will include a registered nurse, registered dietitian and a physical therapist. The definition of osteoporosis, bone biology, bone density testing, treatment options, nutrition instruction, exercise, and fall/fracture prevention will be discussed. Call 800-248-6777 to register.

Contact Name: HealthAccess

Nutrition and Fad Diets Maze

March 23rd
7:00-8:30p.m.

Location: Dean C. Burns Community Health Education Center, 360 Connable Ave.

Fee: Free

You will learn the importance of proper nutrition, as well as the use of organic foods, toxin elimination and supplements. The fad diet craze will be discussed as well.

Contact Name: HealthAccess

Phone: 1-800-248-6777



Petoskey Diabetes Alert Day Fair March 14th, 2005

7:00 am - 3:00 pm

Northern Michigan Hospital Cafeteria,
416 Connable Avenue, Petoskey

Free

The fair is designed to help participants learn about resources in the community to correctly manage diabetes. Displays from major diabetes organizations and product companies will offer information about new products and services. Gifts will be raffled. For more information call HealthAccess.

Contact Name: HealthAccess

Phone: 1-800-248-6777

General Health Screenings

March 3rd

7:00 - 10:00 am

The first Thursday of every month. Screening includes: height, weight and body composition (body fat) measurements, total cholesterol, HDL and blood sugar testing, blood pressure check and health risk questionnaire. No appointment required.

Location: Dean C. Burns Community Health Education Center, 360 Connable Ave.

Cost: \$15 (\$10 - Senior Advantage Members).

Contact Name: HealthAccess @ 1-800-248-6777

Diabetes Ongoing Learning Group

(Support Group)

Second Monday of each month

7:00 pm

Location: Dean C. Burns Community Health Education Center, 360 Connable Ave.

A support group for patients with diabetes and their family members. Guest speakers periodically present the latest information related to diabetes.

Contact: HealthAccess @ 1-800-248-6777

Northern Michigan
Wellness Classes & Events

Upper Michigan continued

Marquette

Great Marquette Walking Event Coming—April 11th

One mile walk test

State of Michigan's largest one-day
walking fitness test!

Participate and be entered
for a prize drawing

Marquette General Hospital Health & Wellness Info

<http://www.mgh.org>

Traverse City

www.MunsonHealthCare.org

Free Healthy Lifestyle Programs (231) 935-6449

When: Last Wednesday of the month

Where: Grand Traverse Mall's Community Room

Munson Community Education Calendar

U.P. Step Up!

A fun 8 week pedometer program
to encourage people to start walking
for their health

For Info, e-mail George Sedlacek
at gsedlacek@hline.org
(906) 475-9312
Negaunee, MI

Upper Peninsula Health Care Network

<http://www.uphcn.org/>



State HMO & PPO Programs

The following PPO and HMOs offer programs for Weight Management:

BCBSM PPO

BCN

Care Choices

Grand Valley Health Plan

HAP

HealthPlus

M-Care

PHPMM

PHP Jackson

Priority Health

The following PPO and HMOs offer programs for Smoking Cessation:

BCBSM PPO

BCN

Care Choices

Grand Valley Health Plan

HAP

HealthPlus

M-Care

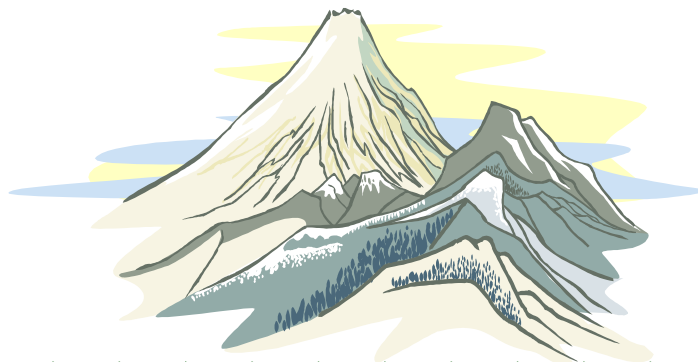
PHP Jackson

Priority Health

If your HMO is not listed above, click [here](#) and go to your insurance carrier's website, or call your carrier for information on weight management and smoking cessation. Check for other wellness and fitness programs that may be offered by your carrier.

What's Up In Your Area

Walking Works



March 2005 National Health Observances

1 - 31

National Chronic Fatigue Syndrome Awareness Month
National Chronic Fatigue Syndrome
and Fibromyalgia Association
(816) 313-2000

1 - 31

National Multiple Sclerosis Education
and Awareness Month
Multiple Sclerosis Foundation
www.msfocus.org/programs_events/prog_edumth.html

1 - 31

National Colorectal Cancer Awareness Month
Cancer Research and Prevention Foundation
www.preventcancer.org/colorectal

7 - 11

National School Breakfast Week
School Nutrition Association
www.schoolnutrition.org

1 - 31

National Kidney Month
National Kidney Foundation
www.kidney.org

20 - 26

National Inhalants and Poisons Awareness Week
National Inhalant Prevention Coalition
www.inhalants.org

1 - 31

National Nutrition Month® 2005:
Get A Taste for Nutrition!
American Dietetic Association
www.eatright.org/Public/NutritionInformation/92_11422.cfm

20 - 26

National Poison Prevention Week
Poison Prevention Week Council
www.poisonprevention.org

1 - 31

Workplace Eye Health and Safety Month
Prevent Blindness America
www.preventblindness.org

22

American Diabetes Alert Day
American Diabetes Association
www.diabetes.org/communityprograms-and-localevents/americanidiabetesalert.jsp

1 - 31

Save Your Vision Month
American Optometric Association
www.aoa.org

28 - 3

National Sleep Awareness Week
National Sleep Foundation
www.sleepfoundation.org

